

# Allegheny YMCA Exercise Class Schedule

March 20, 2010 to May 8, 2010

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning		6:00am-7:00am	6:00am-7:00am	6:00am-7:00am	6:00am-7:00am	8:00am-9:00am
Spinning		5:30pm-6:30pm		5:30pm-6:30pm	4:30pm-5:30pm	
Cardio Sculpt	8:45am-9:45am				8:45am-9:45am	
Silver Sneakers®	10:00am-11:00am		10:00am-11:00am		10:00am-11:00am	
Aqua Aerobics		10:00am-11:00am		10:00am-11:00am		
Silver Sneakers® Yoga Stretch		10:00am-11:30am		10:00am-11:30am		
Turbo Kick	6:00pm-7:00pm		6:00pm-7:00pm			
Sport Yoga		6:05pm-7:05pm				
Sculpting Plus	7:05pm-8:05pm		7:05pm-8:05pm			10:00am-11:00am
Beginner Yoga					12:45pm-1:45pm	
Abs N'at	5:15pm-6:00pm		5:15pm-6:00pm			
Lean Xtreme		7:10pm-8:10pm				
E.M.T.				6:05pm-7:05pm		
Burn It Off		5:00pm-6:00pm		5:00pm-6:00pm		
Yoga				7:10pm - 8:10pm		
Aerobic Bellydance						9:00am-10:00am
Soul Line Dancing		11:30am-12:30pm				
20/10 Strength	6:45am-7:15am					
20/10 Cardio	6:00am-6:30am	4:00pm-4:30pm				
Walking Group	Weather permitting, we will walk outside. We will meet in the group exercise room.			NEW!! 4/2/10	5:30pm-6:30pm	
New! Stretch	Beginning 4/5/10	4:30pm-5:15pm		4:30pm-5:15pm		